



HEALTHIER | Richmond

Richmond City Health District Newsletter

WORKING TOGETHER FOR A HEALTHIER RICHMOND



May is National Teen Pregnancy Prevention Month

by Gale Grant, Adolescent Health Coordinator

In the City of Richmond, there were 624 teen pregnancies in the year 2010 according to the Center for Health Statistics. That means for every 1,000 females age 10 to 19, there were 48 pregnancies. When you consider the impact of teen pregnancy on the life of the teen parent, the child, the grandparents, siblings and ultimately the community at large, we must be diligent in decreasing the teen pregnancy rate.

This is what has been happening (a decline in the teenage pregnancy rate):

- Since 2008, we have seen a 32% decrease in teen pregnancies in Richmond.
- In 2008, there were 916 teen pregnancies and the teen pregnancy rate was 68.2.

This means that there have been fewer live births, abortions and natural fetal deaths.

One of the strategic priorities for the health district is to reduce the teen pregnancy rate. We have a comprehensive approach in place to accomplish this goal. Through our Adolescent Health Program, we work in conjunction with Richmond Public Schools and community-based organizations to provide our HYPP (Helping Youth to Prevent Pregnancy) program. Since 2008, we have had a significant increase in the number of youth receiving consistent teen pregnancy prevention education. Through the use of social networking via text messaging, teens receive health messages and can follow Adolescent Health activities on Face Book. Teen specific reproductive health services are offered at our teen clinic and various community-based resource centers. The Resource Mothers Program works with pregnant and parenting teens, utilizing a case-management model.

During the month of May, we will be offering Faith Community-Addressing the Teen Pregnancy Issue workshops. We believe there is a role for everyone to play in addressing the issue. For more information about workshops or the Richmond Campaign to Prevent Teen Pregnancy, call 205-3901.

Community of Caring at MLK, Jr. Middle School



Dr. David Parker of the National Center for Community of Caring, visited students at MLK, Jr. Middle School

In September, 2011, the Community of Caring Program expanded to Martin Luther King Middle School. This was the realization of phase two of plans to implement the initiative at schools in the Armstrong school district. Earlier in 2011, RCHD in conjunction with the **Richmond Campaign to Prevent Teen Pregnancy (RCPTP)** in partnership with Richmond Public Schools and the National Center for Community of Caring, celebrated the completion of the first school-year implementation of the Community of Caring (COC) initiative at five east end elementary schools.

The COC Initiative is a values-based program with proven success at decreasing school teen pregnancy rates in addition to improving student academic achievement. Plans are to expand Community of Caring to Armstrong High School in the 3rd year (2012).

Implementation of Community of Caring is possible thanks to funding from individuals, community organizations and Richmond City. Funding is needed to continue the COC Initiative. Visit the RCPTP website at www.richmondcampaign.com for information.

Testing outreach partnership aims to curb STIs in the Richmond community



Members of the H.E.L.P. Community Advisory Board conducted a REAL TALK session and STI testing event at Club 534, a Richmond night club that's popular with young adults.

The Richmond City Health District and City STI (sexually transmitted infection) Coalition are actively working together to conduct a series of outreach events and activities to offer free STI testing, counseling and information to members of the Richmond community with the highest risks for contracting and spreading sexually transmitted infections.

The outreach is one of the strategies being implemented with funding from a \$1.2 million CDC grant obtained last year by the RCHD, the City of Richmond and the Richmond STI Coalition. The three year grant is one of only four such grants awarded nationwide. RCHD will receive \$360,000 per year to implement innovative strategies in a community-based approach to reduce sexually transmitted infection and create beneficial behavioral change within the community.

Collaboration with community partners is enabling RCHD to reach typically hard-to-reach populations and to make connections with young adults where they are, such as on college campuses, popular venues and night-spots.

Email: susan.francis@vdh.virginia.gov for information.

Additionally, walk-in STI testing is offered at the RCHD STI Clinic (400 E. Cary St.) Mondays, Wednesdays and Fridays. Morning clinic registration is 7:30 AM - 11:30 AM; afternoon clinic registration is 12:30 - 3:00 PM. Call 482-5500.

For information about any STI and testing locations, call the **Virginia HIV/STD/Viral Hepatitis Hotline** at 1-800-533-4148

www.vdh.virginia.gov

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Richmond City Health District Director

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Healthier Richmond newsletter is produced by the Richmond City Health District. Comments may be directed to 205-3735. Newsletter editor: George Jones

May is National Stroke Awareness Month



by Charles Lee, Chronic Disease Prevention Program Supervisor

National Stroke Awareness Month is a time to elevate stroke awareness in the minds of everyone. According to the Centers for Disease Control, stroke is the fourth leading cause of death in the United States with heart disease, cancer and chronic lower respiratory disease taking the top three slots. The most recent Virginia Department of Health data for the City of Richmond indicates that the mortality rate for stroke is 59.3% as compared to the state rate of 51.1% (age adjusted rate) per 100,000.

Stroke is a "brain attack" cutting off vital blood and oxygen to brain cells. Most strokes occur when arteries are blocked by blood clots or by the build-up of plaque and fatty deposits. Some strokes can be caused by arteries rupturing when weak spots on the blood vessel wall break.

It is important to know your risk factors for having a stroke. Some risk factors cannot be controlled such as your age, heredity, race and gender. The good news is that there are several controllable risk factors and up to 80 percent of strokes can be prevented.

STROKE RISK FACTORS THAT CAN BE CONTROLLED ARE:

High blood pressure is the leading cause of stroke and the most controllable risk factor.

Cigarette smoking - In recent years, studies have shown cigarette smoking to be a major risk factor for stroke. Nicotine and carbon monoxide in cigarette smoke damage the cardiovascular system in many ways. The use of oral contraceptives combined with cigarette smoking greatly increases stroke risk.

Diabetes mellitus is an independent risk factor for stroke. Many people with diabetes also have high blood pressure, high blood cholesterol and are overweight. This increases their risk.

Carotid or other artery disease - The carotid arteries in your neck supply blood to your brain. A carotid artery narrowed by fatty deposits from atherosclerosis (plaque buildup in artery walls) may become blocked by a blood clot.

Peripheral artery disease is the narrowing of blood vessels carrying blood to leg and arm muscles. People with peripheral artery disease have a higher risk of carotid disease.

Atrial fibrillation - this heart rhythm disorder raises the risk for stroke. The heart's upper chambers quiver instead of beating effectively, which can let the blood pool and clot. If a clot lodges in an artery leading to the brain, a stroke results.

Dilated cardiomyopathy (an enlarged heart) - heart valve disease and some types of congenital heart defects also increases the risk of stroke.

Sickle cell disease (also called sickle cell anemia) - This genetic disorder mainly affects African-Americans and Hispanics. "Sickled" red blood cells are less able to carry oxygen to the body's tissues and organs. These cells also tend to stick to blood vessel walls, which can block arteries.

High blood cholesterol - People with high blood cholesterol have an increased risk for stroke. Also, it appears that low HDL ("good") cholesterol is a risk factor for stroke in men, but data is needed to verify its effect in women.

Poor diet - Diets high in saturated fat, trans fat and cholesterol can raise blood cholesterol levels. Diets high in sodium (salt) can contribute to increased blood pressure. Diets with excess calories can contribute to obesity. Eating five or more servings of fruits and vegetables per day, may reduce the risk of stroke.

Physical inactivity and obesity - Being inactive, obese, or both can increase your risk of high blood pressure, high blood cholesterol, diabetes, heart disease and stroke. So take the stairs, a brisk walk, and do whatever you can to make your life more active. Try to get a total of at least 30-minutes of activity on most or each day.

Call 9-1-1 immediately when these Important warning signs for stroke occur:

- Sudden numbness or weakness of the face, arm or leg, especially on one side of the body
- Sudden trouble seeing in one or both eyes
- Sudden trouble walking, dizziness, loss of balance or coordination
- Sudden confusion, trouble speaking or understanding
- Sudden severe headache with no known cause

Richmond Smiles Dental Van

The Richmond Smiles Dental Van is on the road to bring dental care to uninsured Richmonders. Get a schedule online at www.RCHD.com or www.twitter.com/RichmondSMILES or Call 381-2624.



Richmond Family & Fatherhood Initiative is recognized as a model of success

Richmond Family & Fatherhood Initiative will be featured in the **Casey Family Services 2012 Annual Report for Community Engagement**. Casey Family Services will also assist the Virginia Department of Social Services in replicating the Richmond Family & Fatherhood Initiative's model for community engagement in five cities across the Commonwealth.

Through the Casey Foundation's ongoing relationship with the Virginia Department of Social Services, they became aware of work being done by the Richmond Family & Fatherhood Initiative and contacted Brian Gullins, Program Coordinator, to learn more. Brian sent them the Initiative's *Cost & Solutions to Family Fragmentation & Father Absence* document, and shared information on what was being accomplished in Richmond. Casey Family Services came to see what we were doing, and liked what they saw. Components of the Richmond program: Focus groups, community forum, training institute, and consortium for organizations that go through the process will be modeled in Petersburg, Norfolk, Charlottesville, Roanoke and Alexandria.

Christianity Today Magazine interviewed Richmond City Health District leaders involved with the Richmond Family & Fatherhood Initiative for a magazine article focusing on five cities across America that have leaders who are integrating their faith and approaching public service as a sense of calling and mission to bring about positive change in their city. Richmond Health Director Donald R. Stern, Brian Gullins, Richmond Family & Fatherhood Coordinator, and Deputy Director Danny Avula were interviewed and featured in an article entitled: **Treating Richmond's Fatherless Epidemic** which appears in the April 2012 edition.

"Creating a Community Culture: Connecting Fathers to their Families"

The Richmond Family & Fatherhood Initiative is a city-wide initiative involving members of the Richmond community in efforts to reduce unmarried births and increase the percent of children raised in two-parent households in the City of Richmond. The Initiative focuses on teens, young adults, and men from different walks of life; connecting, equipping and empowering them with essentials for positive lifestyle choices leading to sexual responsibility, self-reliance, and family responsibility. Call 205-3717 or visit our website at www.RichmondFatherhood.org

'Get Healthy- Stay Healthy' EXPO

10:00 a.m. - 4:00 p.m.

Saturday, April 28, 2012

Greater Richmond Convention Center

Chick-fil-A Cow Walk @ 8:30 a.m.

Mayor's Healthy Richmond Campaign

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